

Dracut Council on Aging Newsletter

NOVEMBER 2014

951 Mammoth Road · 978-957-2611 ·

Fax 978-957-6442

Editor, Joyce H. Shadan

Website: www.dracut-ma.us E-Mail: councilonaging@dracut-ma.us

The month of November has sometimes referred to as the grayist month of the year. A precursor for the winter season. We can't help but envision the cold and snowy days that lie ahead. And if that was not enough our media has already bombarded us with images and sounds of the holidays. Now we are starting to feel a bit stressed at the thought of the most wonderful time of the year. The season will come whether we are ready for it or not, and November is a great time to ready ourselves.

We can start by celebrating our countless veterans who have served and continue to serve in our armed services. We will host a breakfast on Tuesday Nov. 18th at 9am in honor of all our veterans and their families.

The holidays can conjure memories of those who are no longer with us, causing many to feel blue and a little low, to help with this, we are holding a 6week session "Dealing with the holidays" Lou Bonano of Beacon Hospice will be have on Mondays at 10am starting November 24th.

Great News, You have a new director, Bethany Loveless comes to us from the town of Templeton COA. She resides in Pepperell Ma. And she is very excited about meeting all of you. A welcome reception in her honor will be held on Monday Nov. 10th starting at 9:30. Please stop by to meet the new Executive Director, Bethany Loveless. Congratulations Bethany! We wish you the best of everything at The Dracut Council on Aging "The Best Place in Town"!

Happy Holidays

Joyce

COUNCIL ON AGING STAFF ============

Bethany Loveless Executive Director Judy Gilbert, Social Services Volunteer Coordinator Donna Houston Outreach Coordinator Pat Cahill Clerk/Bookkeeper

Anita Chartier, Bus Driver Charlene Bennett, Bus Driver Russ Lahaise. Bus Driver Gertrude Frechette, Custodian Bob Houston, Custodian Ruthie Chappas, Librarian

NUTRITION PROGRAM

Debra Lasorsa, Site Manager Donna Campbell, Site Aide

COUNCIL ON AGING BOARD

Pat Merrill, Chairperson Ann Casey, Vice Chairperson Mary Jo Sudol, *Treasurer* Renee Espinola, Secretary

MEMBERS

William O'Neill Chet Pater Gerald Surprenant Lt. Mike Fleury Louis Darvirris Omer Matte Anna Collupy Senior Center Hours Monday through Friday 8:00 am to 4:00 pm First and Third Monday open till 6pm

Turning in your car keys? Not many like giving up their car keys and fear losing their independence. There are many reasons why senior (and non-senior) drivers face this issue every day. Some conditions impede your driving abilities such as, vision loss, Alzheimer's, dementia, slowed reaction time due to a physical condition or advanced age, stroke or other physical issues. It's a hard decision, but there are ways to help keep your freedom to do things, feel independent, and be safe. Please call us for help with your transportation need.

Donna Houston, Outreach Coordinator

This month is a time that reminds us to be thankful. We all have something to be thankful for. I'd like to thank all our wonderful volunteers for all they do, all year long.

Wishing all a Happy Thanksgiving Day. **Judy Gilbert , Social Services/ Volunteer Coordinator**

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least **THREE MORNINGS** in advance by calling Debbie Lasorsa between 9:00 am and 12:30 pm.at 978-957-2611. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels. **Driver's urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers.

Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at 978-957-2611**

DRACUT SENIOR CENTER NEW: Extended Hours. Monday November 3rd & 17th. will be open till 6pm.

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities. Call Donna Houston for appointment at 978-957-2611

New Service! Welcome Kathy Gosselin
Kathy Gosselin is a Dracut resident who is retired
from the Social Security Office. She will be available
by appointment only, one Monday a month, to answer
questions and advise seniors regarding issues with
their social security benefits. Monday Nov.17th
Please contact Donna Houston to make appts.

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social daycare, hair salons, barber shops, quick trips, CVS, Wal-Mart, banking, nursing home visits & other locations. The fare is \$1 each way and a bus ticket, for 20 rides, is \$18. You may purchase a bus ticket from any bus driver. Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM Lowell \$2.00 each way; Dracut \$1.00 each way Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way; \$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only.**

Everyone must be picked up before 2PM
Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI's volunteer program. Please call Judy Gilbert at 978-957-2611 or stop by the center.

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc.), please contact A.D.A. Officer William Zounes at 978-453-9492

2014 FOXWOODS DAYTRIPS

Nov. 21st.

\$30. For more information call:

Carol Gavriel @ 978-957-5527

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available on **Wed. Nov.12th & 19th.** Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging 951 Mammoth Road Nancy Harding, RN from Circle Home

Every Thursday from 1:30-3:45PM, blood pressure checks, weight monitoring personal consultation. Blood sugar test-(3rd Thursday at 2:30 pm) for known Diabetics. 100% OF ALL DONATIONS GO TO ESMV AND CIRCLE HOME.

DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise noted. Meetings are Wednesday Nov. 12th & Nov. 22nd will be the Christmas Fair, there will NOT be a meeting on Nov. 26th. A bingo game is held right after the meeting. Annual dues are \$2.00 payable on meeting days. Please call Mary Rowe for more info @ 978-697-6605.

THE FREE NEEDY MEDS DRUG DISCOUNTCARD

Save up to 80% on prescriptions *No fees or registration *No financial, age or residency restrictions *Cannot be used with insurance

See or call Donna Houston at 978-957-2611 Or on line @www.needymeds.org.

Download, print, clip and save.

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road
Donations of new or gently used, clean
items arrive almost every day and are
greatly appreciated.
General Public Welcome
All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan Treasurer, Pat Cahill Clerk, Barbara Dickinson Member, Judy Fuller Member, Linda Bloomgren

The "Friends of the Dracut Elderly, Inc." is a non-profit organization dedicated to supporting the needs of our older residents. They fund raise for the COA to supplement our programs, classes, holiday parties, health screening and wellness programs. We hope you will take this opportunity to join the Friends or renew your annual membership on the form below.

Sincerely

The Friends of the Dracut Elderly, Inc. I would like to join or renew for the annual fee of \$3.00.

I would like to make a contribution of \$10 \$25, \$50, \$100

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ADDRESS-

Please make checks payable to: Friends of the Dracut Elderly, Inc. 951 Mammoth Rd, Dracut, Ma. 01826

THANK YOU TO

Dolly Trowbridge, Dracut Senior Citizens Club for their generous donation in honor of Joyce Shadan. Steve Coravos for sponsoring the October veterans breakfast. The American Legion Post 315 for sponsoring the November veterans breakfast.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30-9Free Breakfast 10:00 Bone Builders 1:00Bingo 12:45 & 1:30Reiki Center Open Till 6pm		8:30Free Breakfast 9:00Begginers Computer 10:00Tai Chi 10-11Bone Builders 11:15Meditation Group 12-2Art Class 1-2Bone Builders 12:45 & 1:30Reiki	8:30Free Breakfast 9:00-10:00Energetics 10:30Bone Builders 1:00Bingo 1:30-3:45Nurse Nancy 12:45 & 1:30Reiki	8:30Free Breakfast 9:00Bowling 10:30Line Dancing 9:00Bagels & Burgers for breakfast & Walmart 10:00-11:00.Bone Builders 11:30 MVNP Site Special 12:00Cribbage 12:45 & 1:30Reiki
8:30-9Free Breakfast 9:30Reception for New Director 10:00 Bone Builders 10Affordable Hearing Free Hearing Screening 1:00Bingo 12:45 & 1:30Reiki	CLOSED FOR HOLIDAY VETERANS DAY	8:30-9Free Breakfast 9:00Beginners Computer 9:30Shine 10:00Tai Chi 10-11Bone Builders 11:15Meditation Group 11:30.MVNP Site Special 12-2Art Class 1-2Bone Builders 12:45 & 1:30Reiki 1:00Senior Citizens Club Meeting	8:30-9Free Breakfast 9:00-10:00Energetics 10:30Bone Builders 1:00Bingo 1:30-3:45Nurse Nancy 12:45 &1:30Reiki	8:30-9Free Breakfast 9:00Bowling 9-10Line Dancing 9:00 Ocean State Job Lot & Al Fresca's in Tewksbury 10:00-11:00 Bone Builders 12:00Cribbage 12:45 & 1:30Reiki
8:30-9Free Breakfast 10:00 Bone Builders 10.Kathy Gosselin, So- cial Security questions. 10Rep. Colleen Garry Garry Office Hours 1:00Bingo 12:45 & 1:30Reiki Center Open Till 6pm	8:30-9Free Breakfast 9:00.Veterans Breakfast 9:00Grocery Shopping 9:00-10:00Energetics 10:30Bone Builders 12:00Movie: The Fault In Our Stars 12:30Knit/Crochet 12:45 & 1:30Reiki	8:30-9Free Breakfast 9:00Beginners Computer 9:30Shine 10:00Tai Chi 10-11Bone Builders 11:15Meditation Group 12-2Art Class 1-2Bone Builders 12:45 & 1:30Reiki	8:30-9Free Breakfast 9:00-10:00Energetics 10:30Bone Builders 1:00Bingo 1:30-3:45Nurse Nancy 12:45 & 1:30Reiki	8:30-9Free Breakfast 9:00Bowling 9:00Line Dancing 9:00Targets & Weath- ervane in Salem, NH 12:00Cribbage 10:00-11:00Bone Builders 12:45 & 1:30Reiki
10:00Bone Builders		26 8:30-9Free Breakfast 9:00Beginners Computer 10:00Tai Chi 10-11Bone Builders 11:15Meditation Group 1-2Bone Builders 12:45 & 1:30Reiki	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
	NO	VEMBER 20)14	



Groups - Plasses - Events



ART CLASS

With Joan Turner Wednesdays at 12:00-2:00pm Nov. 5, 12, 19 & 26th. \$40.00 per 8 week session.

BEGINNER'S COMPUTING

With Pat Merrill Nov.5, 12, 19 & 26th Wednesday 9:00-11:00 \$15.00 for 8 Week Course

ENERGETICS
With Elaine Corsetti
Nov. 4th. –25th.
Tuesdays & Thursdays

9:00 –10:00 **\$20.00** per session

TAI CHI With June Matson Nov. 5, 12, 19 & 26th Wednesdays 10:00—11:00 \$35 for 6 Week Course

BONE BUILDERS

Helps increase endurance & strength with activities to improve balance & to prevent falls. Warm up exercises, stretching. Class uses weights. You work out at your own pace.

10:00-11:00 Mondays & Wednesdays 10:30-11:30 Tuesdays & Thursdays 1:00-2:00 Wednesdays & Fridays Fridays class is now 10-11

New Meditation Group In the Senior Center Library, Wednesday, at 11:15-11:45

This group meditation will help quiet the mind. Relax the body, keys to improve our focus and is fun to do. It's a free class, sign up in office.

FREE BREAKFAST PROGRAM:

NEW: Egg & Cheese or Egg & Sausage on Toast. Oatmeal, fruity muffin, Orange Smoothie. Cost is .50 for milk. Mon.—Fri. at 8:30 Call Judy

Lift Your Spirits

REIKI

Appointments are 12:45 & 1:30pm each session is 40 minutes \$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies.
Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the Center to make an appointment. @ 978-957-2611

NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO: The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. Call the COA office at 978-957-2611

BEGINNERS LINE DANCING With Marcella Groulx

Every Friday @ 9:00—10:00 am **\$2 a class \$2.00 a class**

Library NewsDCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hrs.

M.G. Parker Memorial Library Library delivery to the homebound. Call 978-454-5474 for more info www.dracutLibrary.org

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for \$3.00 In Memoriam, Friends of the Dracut Elderly, Inc. memorial cards are available at the center.

UP COMING EVENTS IN NOVEMBER

SITE SPECIAL Friday Nov. 7th at 11:30

Chicken noddle soup, stuffed pepper, marinara sauce & rice pilaf, vegetable medley, tossed salad, dinner roll & yogurt. Call Debbie 3 days in advance to reserve your dinner. \$2 donation is suggested.

AFFORDABLE HEARING FREE HEARING SCREENING Monday Nov.10th 10-12pm

Please call for appointment at 978-957-2611

RECEPTION FOR OUR NEW DIRECTOR Monday Nov. 10th at 9:30am

Please stop by meet the New Executive Director, Bethany Loveless

SITE SPECIAL Wednesday Nov.12th at 11:30

Beef and vegetable soup with chicken parmesan sandwich, tossed salad and ice cream.

Please call Debbie 3 days in advanced to reserve your dinner, \$2 donation is suggested.

VETERANS BREAKFAST

Tuesday Nov.18th. at 9am Sponsored by the American Legion Post 315 All veterans and spouses welcome to attend.

DINNER & MOVIE Tuesday Nov. 18th.

Dinner at 11:30- Chicken, Broccoli and Ziti. Please call Debbie at **978-957-2611-3 days** in advance to reserve your dinner. **\$2** donation is suggested.

Free Movie at 12noon—The Fault In Our Stars Starring: Shailene Woodley, Nat Wolff A teenage girl stricken with cancer. Falls for a boy in her support group. And the two form a band as they deal with their illnesses. Popcom & Soda Served

QUICK TRIPS FOR NOVEMBER

Friday-Nov. 7th..Free Breakfast hosted by Downtown Page at Bagel & Burgers at Bridgewood Plaza & Walmart Friday-Nov.14th.. Ocean State Job Lot & Al Fresca's in Tewksbury

Friday-Nov.21st.. Targets & Weathervane in Salem, NH

Friday-Nov. 28th. CLOSED Holiday Weekend

REP. COLLEEN GARRY office hours Monday, Oct. 20th at 10:30

Dealing With The Holidays

With Lou Bonano From Beacon Hospice Mondays 10:00 - 11:00 am November 24th to Dec. 22nd

The holiday season can be extremely stressful for those who have lost loved ones. You may find yourself dreading the holidays and feeling unsure and overwhelmed with how to cope with the upcoming holiday season. If you have experienced the loss of a loved one, please join us as we share our losses, develop coping strategies and more toward healing in a supportive confidential environment.

The Fuel Assistance Program begins November 1st Income Eligibility

Family of 1	\$32,618
Family of 2	\$42,654
Family of 3	\$52, 691
Family of 4	\$62,727
Family of 5	\$72, 763
Family of 6	\$82,800

Please call Donna for an appointment, at 978-957-2611

Please Note: Copies of this newsletter are placed in the following locations:

Alexander's Pharmacy Inc., All Dracut Senior Housing Complexes, TD Bank (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall, Jeanne D'Arc Credit Union (Lakeview Ave Branch), Lucky Oil Burner Service, Bobola's Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Plaza Cleaning Center, Shaw Farm, St. Mary Magdalene Church, Tedeschi's (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway Rd, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D'Youville Parish.

November 2014 Client Menu	
NP (978) 686-1422	

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Breaded Chicken	Swedish Meatballs	American Chop Suey	Roast Pork	Potato Crunch Fish
Herb Whip Potatoes	o Potatoes	Kernel Corn	Gravy	Rice Pilaf
Peas and Carrots	Succotash	Parmesan	Red Bliss Whip Potatoes	Vegetable Medley
Cranberry Sauce		Cheese	Mixed Vegetables	
Ice Cream	Apricots	Fresh Orange	Mixed Fruits	Peach Cup
Oatmeal Bread	Whole Wheat Bread	Italian Bread	Multigrain Bread	Bread Stick
10	11 Na Meal Served	12	13	14 Laurence Asian Special
Veal Patty with Ziti	Veterans Day Holiday	See Site Special	Roasted Chicken	Lemon Baked Fish
and Marinara Sauce		LS Hot Dog / Baked Beans	Herb Whipped Potatoes	Brown Rice
California Blend Veggies		Mustard & Relish	Peas and Carrots	Broccoli & Cauliflower
Parmesan Cheese		Cole Slaw	Cranberry Sauce	
Vanilla Pudding	THE UNKNOWN THE DISCOUNT OF THE PERSON OF TH	Parmesan Cheese		
Diet Pudding	OUR GOUNTR	Ice Cream	Apricots	Fresh Orange
Italian Bread		Hot Dog Roll	Oatmeal Bread	Light Rye Bread
17	18	19	20 Birthday and	21
Sweet and Sour Meatballs	Cranberry Juice	Stuffed Shells	Holiday Dinner	Chicken Breast Fillet
	Chicken, Broccoli	Marinara Sauce	Roast Turkey with Gravy	Whipped Potatoes
Green Beans	and Ziti with	Green & Gold Beans	Scalloped Potatoes	Mixed Vegetables
White Rice	Alfredo Sauce	Parmesan Cheese	Butternut Squash	Cranberry Sauce
			Cranberry Sauce	
	Fruited Gelatin		Pumpkin Pie (Sites)	Chocolate Pudding
Fresh Orange	Diet Gelatin	Pineapple Cup	Spice Cake Diets & MOWs	Diet Pudding
Whole Wheat Bread	Light Rye Bread	Low Fat Muffin	Snowflake Roll	Whole Wheat Bread
24	25	26	27 No Meal Served	28
Baked Ham /Raisin Sauce	Beef Meatloaf with Gravy	BBQ Chicken	Thanksgiving Day	Cheeseburger / Ketchup
Sweet Whip Potato	Red Bliss Whip Potatoes	Whipped Potatoes		Potato Wedges
Peas and Carrots	Vegetable Medley	Broccoli & Cauliflower		Kernel Corn
				Tapioca Pudding
Mandarin Oranges	Apricots	Fresh Orange		Diet Pudding
Multigrain Bread	Dark Rye Bread	Whole Wheat Dinner Roll		Hamburger Roll
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